



*Pick it! Try it! Like it!*

# ONION

## Pick it!

Onions are yellow, red or white. They have firm flesh and dry, crackly outer skins. Avoid any soft spots or sprouts.

Green onions (scallions) have a smooth root and hollow green stem; both can be eaten and have a mild flavor.

Onions provide flavor and health-promoting phytochemicals and nutrients.

Store in a cool, dry space away from bright light.

## Try it!

Onions may be eaten raw or cooked. To prepare, remove outer layer of skin and chop.

Onions may be boiled, braised, baked, microwaved or sautéed.

Yellow onions are full flavored and work in most cooking. When cooked, they become sweeter and turn brown.

Red onions are used fresh or grilled.

White onions are used in classic Mexican cuisine.

Chill in the refrigerator before preparing them to reduce the chance of tears.

Lemon juice or vinegar removes the smell from hands.



### Yellow

- Sweetest, great for cooking, or eating raw
- Chopped and sautéed – great base flavor for soups



### Red

- Most popular raw on burgers, fresh salads, salsas
- Slightly stronger flavor than yellow and white onions



### Green

- Milder and softer due to less maturity
- Use root and stem as garnish, omelets, soups

## Nutrition Notes

Vitamin B6, pyroxidine, works with enzymes in the body that involve protein digestion. Vitamin B6 also helps make glucose, releases energy and supports a healthy immune system. Starchy vegetables are a good source as well as meat, fortified grains, and some fruits.

Nutrition Facts	
Serving Size (160g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 20%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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*Like it!*

## Onion and Celery Seed Relish

### Ingredients

- 1 cup white wine vinegar or distilled white vinegar
- 2 cups thinly sliced small onions, no green tops
- 2 Tablespoons powdered sugar
- 1 cup finely chopped celery
- 2 Tablespoons celery seeds
- 1/2 teaspoon red pepper flakes

### Directions

- Mix vinegar and sugar in a salad bowl until sugar is dissolved.
- Add celery seed, pepper flakes, onions, and celery.
- Mix until all ingredients are combined evenly.
- Cover and chill.
- Chill for several hours or overnight.
- Serve cold alongside your favorite poultry or fish dish.

Yields 12 servings.

Nutrition Facts per Serving:

Calories 20; Fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 5g; Fiber 1g; Sugar 3g; Protein 1g

Sources: <http://urbanext.illinois.edu/veggies/onion.cfm> [http://commons.wikimedia.org/wiki/File:Red\\_Onion\\_on\\_White.JPG](http://commons.wikimedia.org/wiki/File:Red_Onion_on_White.JPG)  
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